

2016 Letnie Mistrzostwa Polski Juniorów 15 lat
Lublin, 15- - 17-7-2016

Konkurencja 11
2016-07-15 - 11:54

Dziewcz t, 400m zmienny

15 lat
Wyniki Eliminacje

RP 15 lat 4:49.27 SZCZEPANIAK Karolina 00114 Gorzow Wlkp. 2007-11-30

Punkty: FINA 2016

Pozycja			Wiek					Czas	Pkt.	
1.	RUTKOWSKA Agnieszka		15	Skalar Słupsk				5:07.74	663	A
	50m:	32.64 32.64	150m:	1:51.51	40.20	250m:	3:12.13	42.27	350m:	4:32.65 36.40
	100m:	1:11.31 38.67	200m:	2:29.86	38.35	300m:	3:56.25	44.12	400m:	5:07.74 35.09
2.	HALICKA Lidia		15	I sk Wrocław				5:10.36	646	A
	50m:	32.37 32.37	150m:	1:48.99	39.64	250m:	3:13.66	45.78	350m:	4:35.44 36.62
	100m:	1:09.35 36.98	200m:	2:27.88	38.89	300m:	3:58.82	45.16	400m:	5:10.36 34.92
3.	W GRZYNOWSKA Aleksandra		15	I sk Wrocław				5:11.42	640	A
	50m:	32.59 32.59	150m:	1:50.04	40.15	250m:	3:14.87	45.63	350m:	4:37.28 35.81
	100m:	1:09.89 37.30	200m:	2:29.24	39.20	300m:	4:01.47	46.60	400m:	5:11.42 34.14
4.	WOŁEK Oliwia Soc		15	KSZO Ostrowiec w.				5:14.28	623	A
	50m:	33.19 33.19	150m:	1:51.28	40.39	250m:	3:15.90	45.32	350m:	4:38.41 37.14
	100m:	1:10.89 37.70	200m:	2:30.58	39.30	300m:	4:01.27	45.37	400m:	5:14.28 35.87
5.	PISKORZ Aleksandra		15	Wodnik Siemianowice l.				5:14.69	620	A
	50m:	34.49 34.49	150m:	1:54.27	39.99	250m:	3:15.86	42.89	350m:	4:37.48 37.46
	100m:	1:14.28 39.79	200m:	2:32.97	38.70	300m:	4:00.02	44.16	400m:	5:14.69 37.21
6.	PARADOWSKA Kinga		15	Pi tnatka Bydgoszcz				5:16.19	611	A
	50m:	32.67 32.67	150m:	1:52.34	41.63	250m:	3:17.46	43.83	350m:	4:39.75 37.35
	100m:	1:10.71 38.04	200m:	2:33.63	41.29	300m:	4:02.40	44.94	400m:	5:16.19 36.44
7.	BURA Dominika		15	Aligator Gorzyce				5:16.22	611	A
	50m:	33.84 33.84	150m:	1:54.46	42.47	250m:	3:19.62	43.79	350m:	4:41.24 36.94
	100m:	1:11.99 38.15	200m:	2:35.83	41.37	300m:	4:04.30	44.68	400m:	5:16.22 34.98
8.	LITWIN Andrea		15	Ikar Mielec				5:17.07	606	A
	50m:	33.12 33.12	150m:	1:53.04	41.52	250m:	3:18.84	44.99	350m:	4:41.13 36.45
	100m:	1:11.52 38.40	200m:	2:33.85	40.81	300m:	4:04.68	45.84	400m:	5:17.07 35.94
9.	WETT Oliwia		15	Sambor Tczew				5:17.35	605	A
	50m:	32.33 32.33	150m:	1:52.88	41.26	250m:	3:18.52	45.38	350m:	4:40.76 36.12
	100m:	1:11.62 39.29	200m:	2:33.14	40.26	300m:	4:04.64	46.12	400m:	5:17.35 36.59
10.	OSTROWSKA Kamila		15	Aligator Gorzyce				5:17.95	601	A
	50m:	33.42 33.42	150m:	1:51.68	40.16	250m:	3:16.98	45.86	350m:	4:40.42 38.16
	100m:	1:11.52 38.10	200m:	2:31.12	39.44	300m:	4:02.26	45.28	400m:	5:17.95 37.53
11.	COCHÓR Izabela		15	Ostrobramska Warszawa				5:19.00	595	B
	50m:	32.89 32.89	150m:	1:53.31	40.92	250m:	3:19.37	46.24	350m:	4:42.90 37.08
	100m:	1:12.39 39.50	200m:	2:33.13	39.82	300m:	4:05.82	46.45	400m:	5:19.00 36.10
12.	LEWANDOWSKA Natalia SO		15	Unia O wi cim				5:22.32	577	B
	50m:	33.31 33.31	150m:	1:54.67	41.40	250m:	3:22.08	47.53	350m:	4:45.84 36.81
	100m:	1:13.27 39.96	200m:	2:34.55	39.88	300m:	4:09.03	46.95	400m:	5:22.32 36.48
13.	MARSZAŁEK Anna		15	MKP Szczecin				5:24.09	568	B
	50m:	33.64 33.64	150m:	1:57.42	42.86	250m:	3:24.93	46.17	350m:	4:48.35 36.92
	100m:	1:14.56 40.92	200m:	2:38.76	41.34	300m:	4:11.43	46.50	400m:	5:24.09 35.74
14.	MA DOK Klaudia		15	NKP Bielsko-Biała				5:25.93	558	B
	50m:	34.77 34.77	150m:	1:55.58	40.50	250m:	3:24.21	48.34	350m:	4:50.54 36.81
	100m:	1:15.08 40.31	200m:	2:35.87	40.29	300m:	4:13.73	49.52	400m:	5:25.93 35.39
15.	OSI SKA Wiktoria		15	149 Łód				5:26.07	557	B
	50m:	34.03 34.03	150m:	1:55.84	42.31	250m:	3:25.30	49.26	350m:	4:51.34 36.77
	100m:	1:13.53 39.50	200m:	2:36.04	40.20	300m:	4:14.57	49.27	400m:	5:26.07 34.73
16.	CZORNIK Julia		15	Pi tka Chorzów				5:26.90	553	B
	50m:	34.82 34.82	150m:	1:57.74	41.28	250m:	3:26.23	47.60	350m:	4:51.41 37.03
	100m:	1:16.46 41.64	200m:	2:38.63	40.89	300m:	4:14.38	48.15	400m:	5:26.90 35.49
17.	HOJOŁ Agata		15	Galicja Kraków				5:29.16	542	B
	50m:	33.20 33.20	150m:	1:54.32	42.63	250m:	3:23.41	48.03	350m:	4:51.75 38.29
	100m:	1:11.69 38.49	200m:	2:35.38	41.06	300m:	4:13.46	50.05	400m:	5:29.16 37.41

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Pozycja			Wiek				Czas				Pkt.
18.	FARYNA Patrycja	15	TP Zielona Góra				5:29.78				539 B
	50m: 35.10	35.10	150m: 2:00.12	43.87	250m: 3:27.87	45.55	350m: 4:52.49	39.25			
	100m: 1:16.25	41.15	200m: 2:42.32	42.20	300m: 4:13.24	45.37	400m: 5:29.78	37.29			
19.	HOLAK Marta	15	Pi tnastka Bydgoszcz				5:31.00				533 B
	50m: 33.45	33.45	150m: 1:54.57	42.00	250m: 3:24.55	48.57	350m: 4:52.68	39.31			
	100m: 1:12.57	39.12	200m: 2:35.98	41.41	300m: 4:13.37	48.82	400m: 5:31.00	38.32			
20.	DESZCZKA Laura	15	Trójka Łód				5:31.32				531 B
	50m: 34.82	34.82	150m: 1:55.67	41.41	250m: 3:24.57	47.58	350m: 4:52.60	39.91			
	100m: 1:14.26	39.44	200m: 2:36.99	41.32	300m: 4:12.69	48.12	400m: 5:31.32	38.72			
21.	SKROK Zuzanna	15	Motyl Stalowa Wola				5:33.22				522 R
	50m: 34.11	34.11	150m: 1:57.70	44.21	250m: 3:28.05	47.96	350m: 4:55.96	39.33			
	100m: 1:13.49	39.38	200m: 2:40.09	42.39	300m: 4:16.63	48.58	400m: 5:33.22	37.26			
22.	MICHNIEWSKA Anna	15	G-8 Bielany W-wa				5:34.53				516 R
	50m: 34.25	34.25	150m: 1:57.45	42.49	250m: 3:28.58	49.30	350m: 4:56.89	37.87			
	100m: 1:14.96	40.71	200m: 2:39.28	41.83	300m: 4:19.02	50.44	400m: 5:34.53	37.64			
23.	REDZIMSKA Wiktoria	15	Wodnik Siemianowice l.				5:38.27				499
	50m: 34.73	34.73	150m: 1:59.61	43.28	250m: 3:30.93	48.54	350m: 5:00.35	40.19			
	100m: 1:16.33	41.60	200m: 2:42.39	42.78	300m: 4:20.16	49.23	400m: 5:38.27	37.92			
24.	GARDOCKA Julia	15	Ro Pisz				5:39.18				495
	50m: 34.62	34.62	150m: 2:01.85	46.13	250m: 3:35.32	48.32	350m: 5:02.16	38.89			
	100m: 1:15.72	41.10	200m: 2:47.00	45.15	300m: 4:23.27	47.95	400m: 5:39.18	37.02			
25.	TOBIASZ Anna	15	Victoria Józefów				5:40.95				488
	50m: 34.55	34.55	150m: 2:04.33	45.15	250m: 3:38.52	49.38	350m: 5:04.23	36.59			
	100m: 1:19.18	44.63	200m: 2:49.14	44.81	300m: 4:27.64	49.12	400m: 5:40.95	36.72			
26.	KRÓL Wiktoria	15	Warta Pozna				5:42.91				479
	50m: 36.95	36.95	150m: 2:03.18	41.78	250m: 3:35.06	51.28	350m: 5:05.04	38.76			
	100m: 1:21.40	44.45	200m: 2:43.78	40.60	300m: 4:26.28	51.22	400m: 5:42.91	37.87			
27.	URAWSKA sabina SO	15	Unia O wi cim				5:55.39				430
	50m: 37.05	37.05	150m: 2:09.66	47.07	250m: 3:44.01	48.69	350m: 5:17.09	42.46			
	100m: 1:22.59	45.54	200m: 2:55.32	45.66	300m: 4:34.63	50.62	400m: 5:55.39	38.30			
28.	MILEWICZ Natalia	15	Ósemka Toru				5:57.26				424
	50m: 36.48	36.48	150m: 2:08.40	45.47	250m: 3:41.13	48.86	350m: 5:15.63	43.31			
	100m: 1:22.93	46.45	200m: 2:52.27	43.87	300m: 4:32.32	51.19	400m: 5:57.26	41.63			
DYSKW.	KEMPA Anna SO	15	MMKS K dzierzyn Ko le								
	<i>K16 - Niejednoczesne dotkni cie ciany dło mi przy nawrocie lub na zako czenie wy cigu</i>										